

BEST PRACTICE CATALOG

Project Title: **RELAPSE PREVENTION RESOURCE MANUAL**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Education**

Heading: **Patients**

Key Word(s): **Relapse Prevention**

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Purpose: To provide a central step by step resource for relapse prevention groups. The manual provides flexibility allowing treatment providers the ability to tailor each group to fit patient's individual functioning level and target behaviors.

Brief Description: The manual contains descriptions, exercises, history, and documents necessary to facilitate the relapse prevention groups. Patient workbooks are also available.

Selection Basis/Criteria: Patients willing to examine their problem behaviors. Patients should have basic reading and writing skills.

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☒ Manual

☐ Other : _____

DATE SUBMITTED: **October 8, 1998**

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